|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Section | Items | Details | | | | | |
| I: General Information | Chief Complaint |  | | | | | |
| History of presenting illness | First onset/Recurrence | | | | | |
| Initial Onset Date |  | | | | |
| Pain type | Mechanical / inflammatory | | | | |
| Aggravating Factor(s) |  | | | | |
| Relieving factor(s) |  | | | | |
| Radiating pain | Y/N | if yes, to where | |  | |
| Other treatment done |  | | | | |
| Progress of Condition: | improving / deteriorating / static / fluctuating | | | | | |
| II: Subjective Examination | Pain Score (NPRS) | 0-10 | | | | | |
| Tolerance (minutes) | Sitting |  | | | | |
| Standing |  | | | | |
| Walking |  | | | | |
| Aid |  | | | | |
| Claudication distance |  | | | | | |
| Red Flags Screening | Potential Serious Pathology /Malignancy | Significant weight loss Poor appetite Fever Night pain | | | | |
| Cauda Equina/ neurology/ myelopathy | Bladder/Bowel (B/B) Disturbance Saddle Anaesthesia Bilateral UL/LL weakness Bilateral UL/LL sensory deficit Hand Clumsiness Gait disturbance | | | | |
| hand function for cervical concerns | dropping things, difficulty picking up small objects, writing, using phone, buttoning, chopstick use | | | | |
| III: Objective Examination | Cervical | Posture | Excessive Lordosis / Normal Curvature / Straightening Cervical Lordosis / Kyphosis | | | | |
| ROM | Flexion Extension Side flexion L Side flexion R Rotation L Rotation R | | | | |
| Lumbar | Posture: | Hyperlordosis/ Normal Curvature / Flattened Lumbar Spine / Lumbar Kyphosis | | | | |
| ROM: | Flexion: Extension: Side flexion L: Side flexion R: Rotation L: Rotation R: | | | | |
| Straight Leg Raise (SLR) | Left degrees |  | | | | |
| Right degrees |  | | | | |
| Femoral nerve stretch test | Left |  | | | | |
| Right |  | | | | |
| Reflex and Myelopathy Sign: | Jerks |  | | Right | | Left |
| Biceps | | -/ +/ ++/ +++/ ++++ | | -/ +/ ++/ +++/ ++++ |
| Triceps | | -/ +/ ++/ +++/ ++++ | | -/ +/ ++/ +++/ ++++ |
| Knee | | -/ +/ ++/ +++/ ++++ | | -/ +/ ++/ +++/ ++++ |
| Ankle | | -/ +/ ++/ +++/ ++++ | | -/ +/ ++/ +++/ ++++ |
| Babinski Sign | | -/ + | | -/ + |
| Ankle Clonus | | -/ + | | -/ + |
| Hoffman Sign | | -/ + | | -/ + |
| Tandem walk | | -/ + | | -/ + |
| Finger Escape Sign | | -/ + | | -/ + |
| scapulohumeral | | -/ + | | -/ + |
| Inverted supinator | | -/ + | | -/ + |
| 10 sec test | | -/ + | | -/ + |
| Myotomes: Upper limb |  | | Right | | Left |
| C4 Shoulder shrugs | | 0-5 | | 0-5 |
| C5 Shoulder abduction, Elbow flexion | | 0-5 | | 0-5 |
| C6 Wrist Extension | | 0-5 | | 0-5 |
| C7 Elbow extension, Wrist flexion | | 0-5 | | 0-5 |
| C8 Thumb extension, Finger flexion | | 0-5 | | 0-5 |
| T1 Finger abduction/adduction | | 0-5 | | 0-5 |
| Myotomes: Lower limb |  | | Right | | Left |
| L2 hip flexion | | 0-5 | | 0-5 |
| L3 Knee extension | | 0-5 | | 0-5 |
| L4 Ankle dorsiflexion | | 0-5 | | 0-5 |
| L5 Big toe extension | | 0-5 | | 0-5 |
| S1 Ankle Plantarflexion | | 0-5 | | 0-5 |
| Distal Lower Limbs Pulse Exam | Present / Not Present | | | | | |
| IV: Function Score | Roland-Morris Disability Questionnaire (RMDQ) (24-item scale for low back pain impact) | /24 | | | | | |
| Neck Disability Index (NDI) (10-item percentage scale for cervical dysfunction) | % | | | | | |
| V: Intervention | Postural correction |  | | | | | |
| Pain Modulation (hot pack) |  | | | | | |
| Therapeutic Exercise |  | | | | | |
| Gait re-education |  | | | | | |
| VI: Recommendation | Discharge with advice & home program |  | | | | | |
| Further Specialist Outpatient Department (SOPD) follow up |  | | | | | |
| OPD PT |  | | | | | |
| Day Rehabilitation |  | | | | | |